

Grade 10-3-3,4

Stress Management

Grade Level	Tenth
Minimum Time Required	30 Minutes
Materials/Resources	Worksheet-"Stress Checklist" Transparency-"Twelve Ways to Deal with Stress" Worksheet-"What Would You Do If..."
Subject Area(s)	Guidance

Project Description:

1. Ask students for their definition of "stress".
2. Have them individually complete the Stress Checklist.
3. Continue the lesson with a discussion on control and how to manage stress.
4. Ask students to read "Ways To Deal With Stress."
5. Lead a class discussion on conflict and review the conflict diagram with the students.
6. Introduce the role play situations and ask students to decide the best responses.
7. Conclude the lesson by asking students to summarize how they can handle conflict to overcome stress in future situations.

Career Development Standard	Understanding the impact of growth and development.
Career Development Indicator	Describe healthy ways of dealing with stress. Demonstrate behaviors that maintain physical and mental health.
Delivery Level	Introductory Review
Academic Standards	
Language Arts	1.4.c compile and synthesize information to make reasonable and informed decisions. 4.1.b deliver oral information in a logical, organized, and coherent manner.
Employability/SCANS Skills	Thinking Skills Basic Skills Personal Qualities Interpersonal Skills
Assessment/Rubric	Students will be evaluated based on the role play activity.

Submitted by: Louisiana Department of Education

STRESS CHECKLIST

On the checklist below, put a checkmark beside those things that make you feel stress.

- | | |
|--|--|
| *Fear of dying | "stupid" and they act according to that label and not to how I really am |
| *Worry about the world situation and possible war | *Too many chores or responsibilities at home |
| *Fear of getting hurt by others | *Too many decisions at home |
| *Too much responsibility | *I am not maturing physically at the speed I would like |
| *Fear of failing | *I am impatient and can't wait for my turn |
| *School | *I am not popular |
| *Neighborhood | *I get nervous with members of the opposite sex |
| *New friends | *I get nervous when I try out for things (clubs, teams, etc.) |
| *Jealous of brothers and sisters | *Someone I care about is in trouble with the law |
| *Conditions t home (too dirty, messy, too hot, too cold, poor...) | *I am not healthy |
| *Not enough food | *There is a new child in my family |
| *Worrying about someone at home | *A friend recently moved away |
| *Parents separated or divorced | *Attending church |
| *Parent has boyfriend or girlfriend around that I don't like | *I spend much more or less time at recreation lately |
| *I'm picked on because of wearing glasses, my name, physical appearance, my clothing, a handicap or others | *I get embarrassed easily |
| *I wait until the last minute to study for a test or do my homework | *I don't fit in |
| *Decisions are hard for me | *I don't like the way I look |
| *Fear of speaking in front of a group | I have a drinking or drug problem |
| *Teachers or students think I am "bad" or | *Friends put pressure on me to do things I don't want to do |
| | *I have a new step-parent |
| | OTHER STRESS: (Write these below) |

Can You Control It?

You have the ability to control some stress, but not all of it. After each stressor you marked, place one of the following letters:

C- You can control M-You may be able to control CC-You cannot control

1. Act on those stresses that you can control.
2. Consider what you can do with those that you may be able to control.
3. Let go of those that you cannot control.

Twelve Ways to Deal with Stress

1. Exercise daily (15 to 20 minutes).
2. Learn to relax. Practice daily in a peaceful, quiet setting. Let go of the negatives. Develop visual imagery.
3. Talk it over. Share your problems with a friend, a relative, or a mental health professional.
4. Stroke and talk to animals. Studies show blood pressure goes down. Even watching tropical fish has a soothing effect!
5. Set life goals. Are you living in the fast lane? Find out what is really important to you, then weed out frantic activities which don't really further your own values and goals.
6. Expect to be successful and move confidently toward a win. When you catch yourself worrying, ask, "Does worrying further my goals? Am I uptight about nothing?" Reject worries; many people worry out of love and concern or from guilt. Give yourself permission to be free of worry.
7. Talk to yourself about success! Be generous in self-praise. (Begin to notice how you talk about yourself in conversations.) Refuse to think about what you cannot change or about things in the past which you cannot change! Remember, humans do not have rewind buttons.
8. Plan your time. Be realistic -don't try to do too much.
9. Take a break. Occasionally change the pace (for no reason, just to do something different).
10. Interact with other people in a positive way. Talking, joking, touching, hugging-all ease the tension and dispel feelings of loneliness. Laughter is often the best medicine.
11. Avoid too many big changes at one time.
12. Get plenty of sleep. Eat right (good fuel keeps the car running smoothly!)

What Would You Do If....

1. You have a big date tonight. You go into your closet for your favorite outfit and it's gone. Thirty minutes before your date arrives, your sister comes home wearing your outfit with a big ketchup stain on the front.
You respond:
2. Johnny, who you've had a crush on for 6 months, asks your best friend out on a date. She accepts his invitation without telling you. When you ask what she did Friday night, she says matter of fact, Oh, I went out with Johnny."
You respond:
3. You ask your buddy, Rick, to fill in for you at work 2 weeks in advance and he agrees. The night before he's supposed to work he calls and says he's changed his mind without a good reason.
You respond:
4. You confide in Jill that Patrick wants to ask you out but you find him repulsive. She goes back and tells Patrick what you said. Word gets back to you that Jill told him. You find Jill and. ..
You respond:
5. You stay up late completing a long math assignment. When you get to school the next day your buddy, Jimmy, gets mad at you because you won't let him copy it.
You respond:
6. You go out on Saturday night with a few of your friends. You have a curfew and they don't. You are all at a party having fun when you realize that it's time to go home. Your friends refuse to leave until they're ready. As a result, you get home an hour late and get punished. When you see your friends at school.
You respond:
7. Your parents find cigarettes in the pocket of your jacket and falsely accuse you of smoking. They punish you without giving you a chance to explain that they're not yours.
You respond:

